

Twin Pines Newsletter

February - March 2022



20 Twin Pines Lane
Belmont, California 94002

(650) 595-7444

www.belmont.gov/adults

**THANK YOU FOR YOUR PATIENCE WHILE WE OFFER LIMITED,
COVID-SAFE ACTIVITIES.**

ALL PARTICIPANTS MUST:

- **SIGN UP FOR ALL ACTIVITIES**
- **WEAR A FACE COVERING AT ALL TIMES**
- **DO NOT BRING FOOD OR SNACKS INDOORS— NO EATING**

NOTE: Classes might be subject to change

Twin Pines Senior & Community Center

Winter Activities (January-March)

Thank you for your patience during the time the Twin Pines Senior & Community Center has been partially closed due to the COVID-19 Pandemic. As you know, our top priority will always be the safety of our participants— most of whom have vulnerable immune systems— plus volunteers and staff. To that end, we are continuing with a gradual re-opening of a limited number of new activities that still allows safe social distancing indoors.

We will be open during these scheduled activities only, and will not have drop-in opportunities during this time. If the number of infection rates continue to decrease, and vaccination rates increase for several weeks, we will then start adding a few more activities until we can gradually go back to normal.

INDEX

a) Code of Conduct

All guests, volunteers and staff are required to adhere to the Code of Conduct when present at City facilities to ensure the facilities remain a welcoming, comfortable place for all people regardless of background, culture, or beliefs.

b) Schedule of Activities

The descriptions and calendars show what will be available in January and February. You MUST be signed up for an activity to participate. You can participate in as many or as little of these as you like, but space is limited, so the earlier you sign up, the better.

c) How to register

You may sign up for activities that are free by phoning 650-595-7444. If the activity has a fee, you will need to register with Park & Recreation. You may register online at www.belmont.gov/register , or register at the Park & Recreation office next to the Twin Pines Senior & Community Center.

d) Grab & Go Lunch Program

Our Grab and Go Lunch pickup program continues outdoors. This program provides tasty, nutritious meals all packed up and ready for you to enjoy at home or at our Patio or park. Details on how the program works and latest menu is included in this packet.

We look forward to having you back to the Twin Pines Senior & Community Center! Please call 650-595-7444 should you have any questions.

In Community-

Cheri Handley, Recreation Supervisor

Andrea De Lara, Recreation Coordinator



City of Belmont, CA Parks & Recreation Department

CODE OF CONDUCT

The Parks & Recreation programs and facilities are a place for people to come together and have fun, learn, and enjoy their time in a positive and safe environment. Support of one another is encouraged and welcomed, and valuing diversity is essential.

Guests of the City are expected to be independent or must otherwise be accompanied by a companion or guardian. Guests must not behave in such a way that causes a disturbance to other guests or activities. Additionally, guests are required to adhere to the Code of Conduct when they are present at City facilities and grounds. Failure to comply with the standards described in the Code of Conduct will be subject to intervention, which can and may include disciplinary action, suspension or expulsion.

The following are considered unacceptable behaviors towards the Facilities, Participants, Volunteers or Staff:

Verbal /Written

- *The use of language that is profane, vulgar, suggestive insinuations, or makes another person uncomfortable.
- *Racial, religious, sexual, or any other form of verbal harassment; including but not limited to abusive, intimidating and threatening language such as yelling.
- *Racial, religious, sexual, or any other written harassment; including but not limited to profane or vulgar signs, notes, clothing or emails.

Non-Verbal

- *Rude, obscene or otherwise objectionable hand or physical gestures.
- *Physical intimidation or threats of violence.
- *Barring participants, volunteers or staff from accessing Center facilities, programs or materials.
- *Unwanted physical contact of any kind.
- *Throwing of any objects.
- *Sleeping.

Damage to Property

- *Damage or destruction of materials, equipment, furniture and grounds, or theft.
- *Damage or destruction of other property belonging to participants, volunteers or staff, or theft.

Personal Hygiene & Dress

- *Littering inside the City facilities or on the grounds.
- *Failure to maintain personal cleanliness and good hygiene such as strong body odor or soiled clothing.
- *Lack of shoes, shirt, or proper coverage.
- *Wearing of clothing or accessories which advertise the discrimination or denigration of any groups including but not limited to ethnicity, culture, religion, political or sexual orientation.

Safety

- *Contamination of foods or property through lack of personal hygiene or poor cleanliness practices.
- *Be under the influence of alcohol or illegal drugs.
- *Violation of the smoking ordinance either inside or outside the facilities.
- *Bringing bicycles, shopping carts, running, skating or skateboarding inside the Facilities.

Solicitation or Religious Dissemination

- *Personal solicitation of goods or services of any nature not provided by the Center or partner agencies.
- *Solicitation of donations to any non-profit agency not in partnership with the City.
- *Sales of any goods or services not part of the Parks & Recreation programs.
- *Promotion or dissemination of any religious material.
- *Posting flyers of events not affiliated with Parks & Recreation Programs.

February 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4			
9:00 Line Dancing Beg (R)		9:30 Video Exercise (S)		9:00 Beg/Int Tai Chi (R)		9:30 Chair Yoga (S)			
10:00 Line Dancing Int. (R)		10:30 Zumba Gold (R)		10:15 Music & Movement (S)		10:00 Mindful Meditation (S)			
11:30 Grab & Go Lunch (S)		11:30 Grab & Go Lunch (S)		11:30 Grab & Go Lunch (S)					
12:30 New Movie (S)									
12:30 Needlecraft Group (S)									
7		9		10		11			
9:00 Line Dancing (R)		9:30 Video Exercise (S)		9:00 Beg/Int Tai Chi (R)		9:30 Chair Yoga (S)			
10:00 Line Dancing Int. (R)		10:30 Zumba Gold (R)		10:15 Music & Movement (S)		10:00 Mindful Meditation (S)			
11:30 Grab & Go Lunch (S)		11:30 Grab & Go Lunch (S)		11:30 Grab & Go Lunch (S)					
12:30 New Movie (S)									
12:30 Needlecraft Group (S)									
14		16		17		18			
9:00 AARP Tax Aide (S)		9:30 Video Exercise (S)		9:00 Beg/Int Tai Chi (R)		9:30 Chair Yoga (S)			
9:00 Line Dancing (R)		10:30 Zumba Gold (R)		10:15 Music & Movement (S)		10:00 Mindful Meditation (S)			
11:30 Blood Pressure Clinic		11:30 Grab & Go Lunch (S)		11:30 Grab & Go Lunch (S)					
11:30 Grab & Go Lunch (S)									
12:30 New Movie (S)									
12:30 Needlecraft Group (S)									
21		23		24		25			
9:00 AARP Tax Aide (S)		9:30 Video Exercise (S)		9:00 Beg/Int Tai Chi (R)		9:30 Chair Yoga (S)			
9:00 Line Dancing (R)		10:30 Zumba Gold (R)		10:15 Music & Movement (S)		10:00 Mindful Meditation (S)			
11:30 Grab & Go Lunch (S)		11:30 Grab & Go Lunch (S)		11:30 Grab & Go Lunch (S)		11:30 Ping Pong (S)			
12:30 New Movie (S)									
12:30 Needlecraft Group (S)									

***Activities and Center schedule are subject to change.**

(S) = Activity requires Signing up Call (650) 595-7444
(R) = Activity requires Registration Mail in, or at Parks & Recreation
Office, or Online at www.belmont.gov/register

TWIN PINES SENIOR & COMMUNITY CENTER

March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 AARP Tax Aide (S) 9:00 Line Dancing Beg. (R) 10:00 Line Dancing Int. (R) 11:30 Grab & Go Lunch (S) 12:30 New Movie (S) 12:30 Needlecraft Group (S)	2 9:40 Video Exercise (S) 10:30 Zumba Gold (R) 11:30 Grab & Go Lunch (S)	3 9:00 Beg/Int Tai Chi (R) 10:15 Music & Movement (S) 11:30 Grab & Go Lunch (S)	4 9:30 Chair Yoga (S) 10:00 Mindful Meditation (S)
7 Center closed	8 AARP Tax Aide (S) 9:00 Line Dancing (R) 10:00 Line Dancing Int. (R) 11:30 Grab & Go Lunch (S) 12:30 New Movie (S) 12:30 Needlecraft Group (S)	9 9:40 Video Exercise (S) 10:30 Zumba Gold (R) 11:30 Grab & Go Lunch (S)	10 9:00 Beg/Int Tai Chi (R) 10:15 Music & Movement (S) 11:30 Grab & Go Lunch (S)	11 9:30 Chair Yoga (S) 10:00 Mindful Meditation (S)
14 Center closed	15 AARP Tax Aide (S) 9:00 Line Dancing (R) 11:30 Blood Pressure Clinic 11:30 Grab & Go Lunch (S) 12:30 New Movie (S) 12:30 Needlecraft Group (S)	16 9:40 Video Exercise (S) 10:30 Zumba Gold (R) 11:30 Grab & Go Lunch (S)	17 10:15 Music & Movement (S) 11:30 Grab & Go Lunch (S)	18 9:30 Chair Yoga (S) 10:00 Mindful Meditation (S)
21 Center closed	22 AARP Tax Aide (S) 9:00 Line Dancing (R) 10:00 Line Dancing Int. (R) 11:30 Grab & Go Lunch (S) 12:30 New Movie (S) 12:30 Needlecraft Group (S)	23 9:40 Video Exercise (S) 10:30 Zumba Gold (R) 11:30 Grab & Go Lunch (S)	24 10:15 Music & Movement (S) 10:15 Music & Movement (S) 11:30 Grab & Go Lunch (S)	25 9:30 Chair Yoga (S) 10:00 Mindful Meditation (S)
28 Center closed	29 AARP Tax Aide (S) 9:00 Line Dancing (R) 10:00 Line Dancing Int. (R) 11:30 Grab & Go Lunch (S) 12:30 New Movie (S) 12:30 Needlecraft Group (S)	30 9:40 Video Exercise (S) 10:30 Zumba Gold (R) 11:30 Grab & Go Lunch (S)	31 10:15 Music & Movement (S) 10:15 Music & Movement (S) 11:30 Grab & Go Lunch (S)	*Activities and Center Schedule are subject to change. 10:00 Mindful Meditation (S)

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Chen-Style Taiji (Tai Chi)

Regular practice of Taiji (Tai Chi) has been known to yield many benefits such as improvement in balance, breathing, freer movement, improved sleep and reduction of stress. Taiji movements are slow, low-impact, and safe. The muscles and joints are always relaxed. Beginners will learn fundamental concepts and movements, and an introduction to the First Form. The Intermediates will learn additional movements of the form and a deeper understanding of concept.

- Participants must be able to stand and walk unassisted
- Must be registered in order to participate (no trials)
- Ages 18+

Fee: \$66 Residents, \$79 Non-resident (9 classes)

Instructor: Joan Tay, Certified Instructor

Location: Twin Pines Senior & Community Center

Beginner/Intermediate

Thursdays 9 –10am 1/13-3/10 #1157

Mindful Meditation

This is a guided meditation with volunteers Rosemary and Liane using imagery to help participants become aware of their breathing, their body and to calm the mind, becoming more mindful and aware of the present moment. There is a theme for each session. Each person is invited to figuratively "put something into the center of the circle". Something to focus on, something to let go of for the hour, or an idea such as peace or gratitude. Participants can choose to pass. After about 20-30 minutes, participants are invited to move as needed and to discuss their experience. Group guidelines include:

- Confidentiality, non-judgment, acceptance
- Must sign up. (call 650-595-7444)
- Free: No Class 2/18
- Ages 18+

Fridays 10-11am 1/7 - 3/25

Zumba Gold

Are you ready to Zumba? Zumba is based on the principles that exercise should be fun and easy to do. Zumba Gold is more gentle than regular Zumba and is a great mix of Latin flavor and international beats with easy-to-follow and low-impact moves which create a high-energy and calorie-blasting workout. Please wear comfortable clothes, supportive shoes and bring a water bottle.

- Participants must be able to stand and walk unassisted
- Must be registered in order to participate (no trials)
- Ages 40+

Fee: \$69 Residents, \$83 Non-resident (6 classes)

Instructor: Yoshiko Takeshita

Location: Twin Pines Senior & Community Ctr

Weds 10:30 –11:30am 1/12-2/16 #1158

Weds 10:30-11:30am 2/23-3/30 #1159

American Line Dancing

Line dancing is for fun and for exercise and is open to all ages that enjoy dancing! Learn the various forms of line dancing from country slides and vines, flowing waltz, to ballroom favorites like boogie, swing, cha-cha, foxtrot and more! Music will be from all genres like pop, hip hop, country, and more. This program is for new students or those who would like to enjoy easy-to-learn line dances, typically 32 steps or shorter.

- Participants must be able to stand and walk unassisted
- Must be registered in order to participate (no trials)
- Ages 18+

Fee: \$60 Residents, \$72 Non-resident (10 classes)

Instructor: Allen Isidro

Location: Twin Pines Senior & Community Ctr

Tuesdays

Beg 9:00 - 9:55am 1/11 - 3/29 #1160

Inter 10:05 - 11am 1/11 - 3/29 #1161

**No class on 2/15, 2/22*

Free Blood Pressure Screenings

No appointments needed. Provided by a Registered Nurse from Sequoia Hospital.

*Must wear a mask.

*Ages 18+

3rd Tuesday of each month (2/18, 3/18) 11:00-12:30

Location: Check in outside the front entrance to the Twin Pines Senior & Community Center.

Free Blood Glucose Screenings

No appointments needed. Provided by a Registered Nurse from Sequoia Hospital. For best results, a 4-hour fast is suggested.

*Must wear a mask.

*Ages 18+

Date: January 18 **Time:** 11:00-12:30

Location: Check in outside the front entrance to the Twin Pines Senior & Community Center.

Online Programs

The following activities are still being offered by volunteers, but through Zoom or Skype.

If you are interested in joining any of these groups, please call (650) 595-7444 and leave your name, email, and phone number so we can forward your contact information to the activity leader.

Must be 18 or older.

French Conversation
Italian Conversation
Mindful Meditation
Spanish Conversation

German Conversation
Mandarin Conversation
Music & Movement
Strength Training

Video Aerobics

Follow along with Richard Simmons and guests in this 50-minute, gentle video exercise. **MUST** sign up in advance. Call 595-7444 to sign up.

New time!

Wednesdays 9:30-10:20am 1/5-3/30

Music & Movement

In this class you will be guided with Music through gentle, unhurried movements. Allowing ease into your body and mind as the movements enhance the natural breath and lubrication of each joint. Exercises are done in a chair the last 15 minutes of the class. Wear comfortable clothing and supportive shoes.

- Participants must be able to stand and walk unassisted.
- Must sign up (call 595-7444)
- No Class 2/15, 2/17
- Ages 50+

Thursdays

In Person	10:15 - 10:50am	1/6-3/31
Zoom	9:30-10:30 am	1/4-3/29

Chair Yoga

Chair Yoga is led by volunteer instructor Sher. Chair Yoga provides people of all abilities an opportunity to safely and enjoyably do yoga with seated and standing exercises. Sessions help with posture, flexibility and balance as well as relaxation, concentration and breath awareness.

Must sign up in order to participate (call 595-7444)

- Free
- Ages 18+

Fridays 9:30-10:30am 1/14-3/25

New Transportation Option!

If you would like a ride from your home to the doctor, dentist, supermarket, pharmacy or our Center, call the Peninsula Volunteers Inc. Transportation Desk. They will arrange for a Lyft or Uber Driver to pick you up from your home within a few minutes. When you're ready to return, call them back.

- Price is \$7-11 per way
- Zones include East Palo Alto, Palo Alto, Stanford, Portola Valley, Menlo Park, Redwood City, Atherton, Woodside, San Carlos, Belmont, Foster City, San Mateo
- Hours: Mon - Fri 9am-4pm
- MORE INFO: 650-272-5040

COVID-SAFE ADDITIONS

- *Must keep 6-ft distance between participants**
- *Must keep masks over mouth + nose at all times.**
- *Must sign up in advance to participate. Limited space available.**

Table Tennis/Ping Pong

4th Fridays of the month,
11:30am-12:30pm

Must sign up to participate. Make sure to bring a partner! Paddles provided. Call 650-595-7444

***Ages 18+**



Needlecrafts Group

The Crafts Group is a friendly social group that meets to work on individual projects, and also on projects that will go on sale at the Center's display cabinet. All the proceeds from sales go directly to the Senior Fund. Bring your own project/supplies and join the fun.

***Ages 18+**

Tuesdays 12:30-2:30pm 1/4 - 3/29
Sign up: Call 650-595-7444

AARP® Free Tax Preparation Services


Volunteers from the AARP will graciously provide DROP-OFF tax preparation services in Belmont.

You do not need to be a member or resident of Belmont to receive this Service.

- **To qualify:** People aged over 50, or people with income less than 100k.
- **Must have appointment, no drop-ins.**
- **To make an appointment:** Call the AARP volunteers directly (650) 517-6670 and leave a CLEAR message with your full name and phone number.
- You can pick up specific forms that need to be filled before your appointment outside the front entrance to the Twin Pines Senior & Community Center. (30 Twin Pines Ln)
- **Post-appointment Document Drop-Off Location:** Twin Pines Park Parking Lot or Belmont Library
- **More info:** www.belmont.gov/adults or call the AARP volunteer number at (650) 517-6670.

Note: Staff and volunteers of the Twin Pines Senior & Community Center are NOT part of this service and cannot make appointments or answer Tax-related questions.

MOVIES AT TWIN PINES

 **Sign up: 650-595-744**

20 Twin Pines Lane, Belmont



- Must sign up in advance
- Masks on at all times
- No snacking
- 6ft distance

New day: TUESDAYS 12:30PM
Catching up with the best movies of 2019-2020

February: Celebrating Black History Month & Lunar New Year



Tuesday, Feb 1 – Harriet

Harriet tells the extraordinary tale of Harriet Tubman's (Cynthia Erivo) escape from slavery and transformation into one of America's greatest heroes. Haunted by memories of those she left behind, Harriet ventures back into dangerous territory on a mission to lead others to freedom. With allies like abolitionist William Still (Leslie Odom Jr.) and the entrepreneurial Marie Buchanon (Janelle Monáe), Harriet risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad. Nominated for multiple Academy, Golden Globe, Screen Actor's Guild, and Film awards. (2019, Rated PG-13, 2hr 5min)

Tuesday, Feb 8 – The Farewell

After learning that her family's beloved matriarch, Nai Nai, has been given mere weeks to live, Chinese-born, U.S.-raised Billi (Awkwafina) returns to Changchun to find that her family has decided to keep the news from Nai Nai. While the family gathers under the joyful guise of an expedited wedding, Billi rediscovers the country she left as a child, and is forever changed by her grandmother's wondrous spirit. Winner and nominee of multiple Golden Globe, Critic's Choice, and film awards. (Rated PG, 1hr 38min)



Tuesday, Feb 15 – One Night in Miami

February 25, 1964, has gone down in history as the day that the brash young boxer Cassius Clay/Muhammad Ali defeated Sonny Liston, but what happened after the fight was perhaps even more incredible: Ali, civil rights leader Malcolm X, NFL great Jim Brown, and "King of Soul" Sam Cooke all came together at a Miami motel. Starring Eli Goree, Kingsley Ben-Adir, Aldis Hodge, and Leslie Odom Jr. Nominated for multiple Academy, Golden Globe, and Critic's Choice Awards. (Rated R, 1hr 50min)



Tuesday, Feb 22 – Mulan

Based on the Chinese folklore story Ballad of Mulan, this live-action drama charts the path of a heroic young woman who disguises her gender to take her ailing father's place in the emperor of China's army. Nominated for Best Costume Design and Visual Effects. (Rated PG-13, 1hr 55min)

MOVIES AT TWIN PINES



Sign up: 650-595-744

20 Twin Pines Lane, Belmont

- Must sign up in advance
- Masks on at all times
- No snacking
- 6ft distance

TUESDAYS 12:30PM *Catching up with the best movies of 2019-2020.*



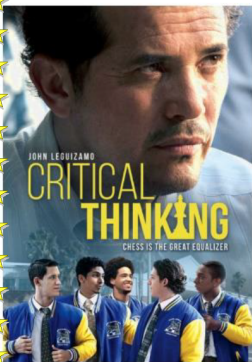
March 1 – The Way Back

Jack Cunningham (Ben Affleck) once was a basketball phenom with a full ride to college, when suddenly, he walked away from the game. Years later, Jack is drowning in the alcoholism that cost him any hope for a better life. When asked to coach the struggling basketball team at his alma mater, he reluctantly accepts, surprising no one more than himself. Nominated for the People's Choice Awards and other Film accolades. (2020, Rated R, 1hr 48min)

Recognizing International Women's Day

March 8 – The Assistant

The first movie to address the #MeToo issue, this film shows one day in the life of Jane (Julia Garner), a recent college graduate and aspiring film producer, who has landed her dream job as a junior assistant to a powerful entertainment mogul. But Jane grows increasingly aware of the abuse that insidiously colors every aspect of her workday, to later discover the true depth of the system into which she has entered. Nominated for 24 independent film awards and winner of 5. (2020, Rated R, 1hr 20min)



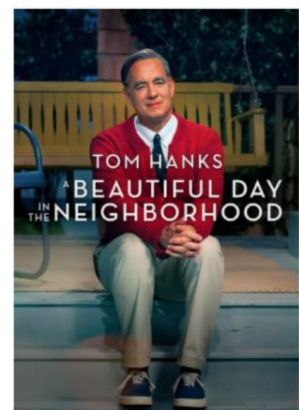
March 15 – Critical Thinking

Based on a true story: In 1998 Miami, rampant poverty, broken families, and a prejudiced system push underprivileged youth to the fringes of society. But for a group of teens, there's a reprieve. A game where it's not about where you come from, but how you play: chess. As they fight their way to the National Chess Championship, their dedicated teacher (John Leguizamo) shows them that the power of critical thinking can save not only their kings, but also their lives. A film with a 94% approval rating. (2020, 1hr 57min)

March 22 – A Beautiful Day in the Neighborhood

After a jaded magazine writer, Lloyd Vogel (Matthew Rhys), is assigned a profile of Fred Rogers (Tom Hanks), he overcomes his skepticism, learning about kindness, love and forgiveness from America's most beloved neighbor.

Based on a true story. Nominated for over 50 awards. (2019, Rated PG, 1hr 48min)



March 28 – Richard Jewell

Based on a true story. Security guard Richard Jewell (Paul Walter Hauser) is an instant hero after foiling a bomb attack at the 1996 Atlanta Olympics, but his life becomes a nightmare when the media leaks he is considered a suspect by the FBI and subsequently puts him on a "trial by media". Also starring Sam Rockwell, Kathy Bates, and Olivia Wilde. Nominated for 19 film awards and winner of 6. (2019, Rated R, 2hr 11min)



Report Health Care Fraud: Confidential Tip Line

1-800-HHS-TIPS (1-800-447-8477)

Every year, millions of dollars are lost to health care fraud. Everyone can play a role in putting an end to this by calling the Health and Human Services Confidential Tip Line: 1-800-HHS-TIPS. Please call Monday through Friday, 9 am to 8pm, anytime you believe you have information about fraud. You do not have to give your name to make a real difference.

FREE Phones for the hearing impaired

If using the telephone has become difficult, the California Telephone Access Program has FREE services to assist you. For example, do you have difficulty hearing conversations on the phone and hearing the phone ring? A FREE amplified telephone is available that increases the volume, with a loud ringer or a flashing device that indicates the phone is ringing. Services are available for those who are hard of hearing, speech impaired, have low vision, limited mobility & cognitive limitations. Phone 1(800) 806-1191.

Farmer's Market

**South Caltrain
Parking Lot
El Camino Real, Belmont
Rain or Shine, year 'round
Sundays, 9am - 1pm
Fresh fruits, vegetables, breads and
pastries, fresh flowers and much more!
www.pcfma.com**

24-hr Emergency & Advice Line for Aging Adults

TIES LINE: 1-800-675-8437

To help seniors, people with disabilities, dependent adults, and caregivers access the services they need to keep them safe. Professional staff answer general questions as well as provide assessment and emergency protection such as shelter, food and in-home care to address immediate concerns, until a long-term care plan can be developed.

Safe Medication Disposal

Did you know that disposing of prescription drugs is hazardous to the environment? Toilet- flushed drugs are harming our fish and amphibians. Any prescription medications that you no longer need can be brought to the Belmont Police Station for safe disposal. Please help protect our environment and join in the drug drop off program.

Televised City Council & Commission Meetings

You can see Belmont City Council meetings and the Parks & Recreation Commission meetings from the comfort of your own home or on the web. Council meetings are held on the 2nd and 4th Tuesday of each month at 7:00 p.m. Parks & Rec Commission meetings are held the 1st Wednesday of each month at 7pm. Belmont residents can watch the meetings on Channel 27 (Comcast only) or on www.belmont.gov >City Hall >Meetings. Now you can "stay tuned" to what's happening in Belmont.

Ways to Register for Classes with a Fee

By Mail / Drop-Off

Mail your registration form and check or drop it off at:

Belmont Parks & Recreation
30 Twin Pines Lane
Belmont, CA 94002

Sorry, no registrations by phone or fax.

Credit/debit card or check only: sorry, no cash payments.

Online

Online you can view or select classes, make payments, see your current registrations, and view account history 24 hours per day. To register online:

1. GO TO www.belmont.gov/register

2. CREATE AN ACCOUNT

Select "Create an Account" if you haven't registered online before. You will need an American Express, Discover, Master Card or Visa and a current email address.

3. SELECT YOUR ACTIVITY

Browse the alphabetical list of classes or filter your search using the options on the left.

4. CHECKOUT TO FINISH

Click "Checkout" to register for the activities you've chosen. Provide payment information, click "Continue," and a receipt will be emailed to you!

Cancellation/ Transfer Policy

All cancellation or transfer requests must be submitted in writing one week before the program begins. Cancellations will result in a \$15 cancellation fee. No refunds will be issued once a program has begun. Medical emergencies are exempt from this policy; however, a medical certification from your doctor is required.

Important Information

- No refunds or credits will be given for the \$2.50 processing fee as this fee is charged by a third party for the convenience of using the online registration service.
- You may only register members of your family/household.

Wait Lists

- A wait list is established if a program is full. If a space becomes available, staff will notify the participant via telephone and email; payment will not be charged until attendance is confirmed.
- Openings will be filled on a first come, first served basis.

Cancelled Classes

- Classes that don't meet the minimum enrollment one week before the class starts will be cancelled.
- If a class is cancelled, participants are notified via phone and email and may transfer to another class or receive a full refund less the \$2.50 processing fee.

Independent Contractors

Many of our recreation classes are provided by contract with an independent vendor. The City of Belmont has reviewed the vendor's qualifications, experience, and suitability for providing these classes; however, the City relies on vendors' declaration that all their employees are appropriately screened.

Americans with Disabilities Act

The City of Belmont and the Parks and Recreation Department are committed to implementing the intent and spirit of the Americans with Disability Act (ADA). Adults and children with disabilities are welcome and encouraged to fully participate in our classes, programs, and activities. If you have a special need that requires specific accommodation in order to enjoy our classes or facilities, please call (650) 595-7441

Twin Pines Grab and Go Lunch Program Policies

The Lunch Program is provided through a grant awarded by San Mateo County.
The delicious meals are catered by Creekside Grill.

Fee

Age 60+: Suggested donation of \$5 per meal ordered

Reservations

- Sign up as early as possible. You may sign up for the month or at least a week in advance. Popular dates may fill up.
- "Dropping in" is discouraged, as there are only a specific number of meals ordered. Make sure you signed up on the reservation list prior to picking up your meals.
- You may order 1 or 2 meals per day. Please specify the number of meals you would like when making your reservation. If ordering two meals, list both names on the order form.
- Unless indicated, your reservation will be for one meal.

On Arrival

- You must wear a face covering when picking up your lunch. The pick up location is outdoors, at the Senior Center front door.
- If you are feeling even slightly ill, stay home. For everyone's safety, we cannot accommodate sick persons.
- Practice social distancing and stay at least six feet from others, using the ground markings.
- Last names A-M pick up between 11:30 and 12:00; Last names N-Z pick up between 12:00 and 12:30
- Please have exact change or a check payable to the City of Belmont when making your donation.
- Arrivals after 12:30 are considered No-Shows and forfeit their meal.
- On site dining is not available during Covid-19. To prevent food borne illness, please take your meal directly home. Don't leave it in the car where it may be sitting in unsafe temperatures.

At Home

- Refrigerate your meal if you are not planning on eating it right away. Your meal entrée container may be microwaved and recycled. Discard any leftover food after three days.

Waiting List

- If you are on the Waiting List, we cannot guarantee you will receive a meal. We will call you if there were any cancellations.

Cancellations

- If you signed up and need to cancel, please notify the Center as soon as possible by calling (650) 595-7444.
- Remember, we order the meals a week in advance. When you make a reservation, we hold that meal for you. If you need to cancel a meal, please cancel a week in advance, or the Center will incur a cost of \$10 for each meal that was not consumed.
- Your reservation is non-transferrable and goes to the next person on the Waiting List. It would be unfair to give your spot to a friend who has not made a reservation ahead of time.



**Aging & Adult
Services Agency**

'Grab & Go' Lunch Menu - February

20 Twin Pines Lane,
Belmont, CA 94002
TWIN PINES
SENIOR COMMUNITY CENTER

ORDER INSTRUCTIONS:

1. Order at least 7 days (1 week) in advance. Sign up early! Some days may fill up.
2. Call 595-7444
3. You can order up to 2 meals per day. List the names of each person.
4. For paper orders:
 - Circle the date
 - Write the amount (up to 2) on the small box
 - Write your name & phone number
 - Drop it off during the Grab & Go Program

PICKUP INSTRUCTIONS:

1. People with last names **A-M**:
Pick up between 11:30am-12:00pm
2. People with last names **N-Z**:
Pick up between 12:00-12:30pm



3. Pick up at Center's Front Entrance
 4. Face coverings must be worn over nose and mouth
 5. \$5 suggested donation. Please bring exact change, which can be obtained at your bank
 6. Please observe social distancing guidelines
- If you're feeling even slightly ill, please stay home & call us to cancel**

Tuesday		Wednesday		Thursday	
1	Gone Fishing <input type="checkbox"/>	2	Penne for Your Thoughts <input type="checkbox"/>	3	Country Skillet <input type="checkbox"/>
Baked basa white fish, lemon caper sauce, rice, peas, carrots, corn, salad, bread, fruit		Penne marinara, meatballs, squash medley, salad, bread, fruit		Chicken fried steak, mashed potatoes, green bean casserole, salad, biscuit, fruit	
8	That's Italian! <input type="checkbox"/>	9	Down Mexico Way <input type="checkbox"/>	10	Brisket Bonanza <input type="checkbox"/>
Smoked mozzarella, chicken raviolis, mushrooms, carrots, bread, salad, fruit		Pork enchiladas, rice, beans, salad, bread, fruit		Lingine w/ mushrooms and sliced brisket, broccoli, salad, bread, fruit	
15	Pork Perfection <input type="checkbox"/>	16	Mighty Meatloaf <input type="checkbox"/>	17	Tipsy Chicken <input type="checkbox"/>
Meatloaf glazed pork loin, wheat pasta, cauliflower, salad, bread, fruit BLOOD PRESSURE SCREENING		Meatloaf, mashed potatoes, mushrooms, broccoli, salad, bread, fruit		Chicken marsala, brown rice, green beans, salad, bread, fruit	
22	Kabobs <input type="checkbox"/>	23	Catch of the Day <input type="checkbox"/>	24	Don't Stew Over It <input type="checkbox"/>
Ground chicken kabobs, rice, cabbage, carrots, salad, bread, fruit		Grilled Swai whiting, cous cous, green beans, salad, bread, fruit		Beef stew with vegetables, salad, corn bread, fruit	

**Menu is subject to change *Suggested Donation is \$5 per meal *Policies on back*

Arrivals after 12:30 are considered No-Shows & forfeit their meal.

Paper Order:

Name(s) _____
Phone _____